



Office of the Minnesota Secretary of State

Minnesota Public Benefit Corporation / Annual Benefit Report

Minnesota Statutes, Chapter 304A

Read the instructions before completing this form Must be filed by
March 31 Filing Fee: \$55 for expedited service in-person, \$35 if
submitted by mail

The Annual Benefit Report covers the 12 month period ending on December 31 of the previous year. Notice: Failure to file this form by March 31 of this year will result in the revocation of the corporation's public benefit status without further notice from the Secretary of State, pursuant to Minnesota Statutes, Section 304A.301

1. Corporate Name:

First Aid for Nurses, SBC

2. The public benefit corporation's board of directors has reviewed and approved this report.

3. In the field below, enter the information required by section 304A.301 subd. 2 or 3 for the period covered by this report,

(see instructions for further information): Note: Use additional sheets if needed.

(Required)

Improving patient care and patient outcomes by reducing compassion fatigue and burn-out for nurses within healthcare organizations.

4. I, the undersigned, certify that I am the chief executive officer of this public benefit corporation. I further certify that I have signed this document no more than 30 days before the document is delivered to the secretary of state for filing, and that this document is current when signed. I further certify that I have completed all required fields, and that the information in this document is true and correct and in compliance with the applicable chapter of Minnesota Statutes. I understand that by signing this document I am subject to the penalties of perjury as set forth in Section 609.48 as if I had signed this document under oath.

Signature of Public Benefit Corporation's Chief Executive Officer

Lynn Otterlei Rekvig, March 19th, 2019

Date (Must be dated within 30 days before the report is delivered to the Secretary of State for Filing)

Fourth Annual Benefit Report

First Aid for Nurses, SBC

January 1st, 2018 - December 31, 2018

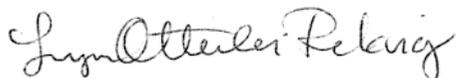
With regard to the period covered by this report, January 1st, 2018, to December 31, 2018, First Aid for Nurses pursued the specific benefit purpose stated in its articles of incorporation 'to improve patient care and patient outcomes by reducing compassion fatigue and burn-out for nurses within health care organizations' in the following ways:

This past year, the sector or niche for FAFN was narrowed to begin working with nurses who may be struggling with fertility issues. I have completed the training for Mercier Therapy and became certified as a Mercier Therapy Practitioner, trained by Dr. Jennifer Mercier in Copenhagen, Denmark, in June of 2018.

The Mercier Therapy training and certification coincides well with my certification as a Wellcoach® health and wellness coach. Wellcoaches uses a science based approach to coaching based on research providing a platform of credibility for continuing the work of First Aid for Nurses.

Helping nurses with issues relating to fertility will be significant in helping reduce stress. Issues with fertility and conception is a growing problem. There is research supporting the work of Dr. Mercier shown to improve the ability to conceive after receiving Mercier Therapy treatment.

The board of directors has reviewed and approved this report.



Lynn Otterlei Rekvig, MBA, BSN, CHWC,
Certified Mercier Therapy Practitioner
Founder and CEO, First Aid for Nurses, SBC
March, 19 2019

**Email Address for Official
Notices**

Enter an email address to which the Secretary of State can forward official notices required by law and other notices:

Lrekvig@gmail.com

X Check here to have your email address excluded from requests for bulk data, to the extent allowed by Minnesota law.

List a name and daytime phone number of a person who can be contacted about this form: 612-600-5611

Contact Name Phone Number **Lynn Rekvig**

Entities that own, lease, or have any financial interest in agricultural land or land capable of being farmed must register with the MN Dept. of Agriculture's Corporate Farm Program.

Does this entity own, lease, or have any financial interest in agricultural land or land capable of being farmed? No

**INSTRUCTION
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This form is intended merely as a guide for filing and is not intended to cover all situations. Retain the original signed copy of this document for your records and submit a legible photocopy for filing with the Office of the Secretary of State.

Before April 1, a public benefit corporation must file an annual benefit report covering the 12 month period ending on December 31 of the previous year. If a public benefit corporation fails to file, before April 1 of any calendar year, the corporation's status as a public benefit corporation will be revoked by the Office of the Minnesota Secretary of State.

1. Corporation Name: (Required) List the business name on file with the Office of the Minnesota Secretary of State. 2. Statement that board of directors has reviewed and approved this report. 3. Enter your information for the public benefit corporation's specific or general benefit corporation in this section. Please provide an attachment if there is not enough room to complete this section.

For a specific benefit corporation, the annual benefit report must contain:

- (1) with regard to the period covered by the report, a narrative description of:
- (i) the ways in which the corporation pursued and created the specific public benefit stated in its articles;
 - (ii) the extent to which that specific public benefit purpose was pursued and created; and (iii) any circumstances that hindered efforts to pursue or create the specific public benefit; and (2) a certification that its board of directors has reviewed and approved the report.

For a general benefit corporation, the annual benefit report



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OFFICE OF THE SECRETARY OF STATE
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Steve Simon

Steve Simon
Secretary of State